

GOOD HABITS TO PREVENT **INFLUENZA**



Cover your mouth and nose with a tissue when coughing or sneezing to protect others. Dispose of the tissue after use. Wash your hands.

Use your elbow
If you do not have a tissue available, sneeze or cough into the crook of your elbow.



Wash your hands frequently and thoroughly, especially after contact with other people.

Disinfecting your hands
If hand washing is not possible, e.g. when travelling, disinfection with alcohol-containing disinfectants is a good alternative.

